

Guardian

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REMEMBERING THE
Fallen



Don't get too involved with
GAMES

Your MWR may offer a better match



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PHOTO BY SPC. ALICIA DILL



PHOTO BY 2ND LT. TIM MILLS

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COVER PHOTO BY 2ND LT. TIM MILLS

Task Force Sidewinder Soldiers prepare to raise the American Flag as part of their Memorial Day Ceremony, held at Camp Monteth, in honor of their fallen comrades.

Summer's safety slogan: Don't walk by

by Staff Sgt. Thomas Wilson

Summer brings a heightened risk of vehicle accidents, sports injuries and heat injuries.

United States Army Europe's Summer Safety Campaign aims to combat these seasonal hazards by honing the attention of Soldiers and civilians in Kosovo and the whole theater.

Taking care of troops and civilians is everyone's responsibility. If you notice an unsafe act or a potentially dangerous situation, don't walk by and ignore it; take action. If you can't remedy the situation on the spot, report it. The Task Force Falcon Safety Office is asking for your help in taking care of all our personnel.

Please, don't walk by.

Safety must be woven into everything we do; the right thing, the right way, all the time.

We as leaders are responsible for the actions and omissions of the Soldiers and civilians we lead, both on and off-duty, to an extent that is unique to our military culture.

We must concern ourselves with our Soldiers' welfare and combat preparedness, including their physical and mental well-being, training, and personal and family readiness.

Our philosophy must be overarching but simple -- supervise, educate, and reduce risk in order to seek out and eliminate conditions, practices, and habits that pose a threat to the safety of our people.

The intent of the "Don't Walk By" campaign is to get everyone involved, from the commanding general to the lowest private.

It doesn't matter who they are, how much rank, or how little rank they have, or whether they're a Soldier or a civilian employee. We're asking everyone to take it upon themselves to intercede and fix the situation,



Staff Sgt. Thomas Wilson, a member of HHC, 37th Brigade Combat Team, is a command safety Noncommissioned Officer with Task Force Falcon.

keep our personnel safe, and do whatever needs to be done.

The Task Force Falcon Safety Office is asking everyone to focus on slowing things down and doing things at a safe rate. Whether it's driving a High Mobility Multi-purpose Wheeled Vehicle (HMMWV) or a non-tactical vehicle (NTV), whether it's out running in traffic, or playing sports, do it slow, do it safe. If you see someone doing something unsafe, stop them. Stop them then and there, before something terrible happens.

The Summer Safety Campaign websites are listed at the following World Wide Web addresses.

http://www.per.hqusareur.army.mil/services/safetydivision/usareur_summer_safety_campaign.htm

<http://www.per.hqusareur.army.mil/services/safetydivision/Site%20Map.htm>

Safety is an inherent leadership function. It is every Soldier's business. We must implement appropriate measures at all levels to prevent unsafe acts and conditions that are robbing us of our most precious asset, our people. Empower first-line leaders to ensure a safe environment in their units and hold them accountable for achieving the standard. ★

Guardian

Produced for Personnel of KFOR Multinational Brigade (East)

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Quicktime

Combat Action Badge design revealed

The Army announced today the design for the Combat Action Badge (CAB).

The design was approved by Gen. Peter J. Schoomaker, Army chief of staff.

The CAB, featuring both a bayonet and grenade, may be awarded to any Soldier performing assigned duties in an area where hostile fire pay or imminent danger pay is authorized, who is personally present and actively engaging or being engaged by the enemy, and performing satisfactorily in accordance with the prescribed rules of engagement. According to its authorizing language, the award is not limited by one's branch or military occupational specialty.

"Warfare is still a human endeavor," Schoomaker said. "Our intent is to recognize Soldiers who demonstrate and live the Warrior Ethos."

"The Global War on Terrorism and its associated operations will be the first era of conflict considered for this award," said Lt. Col. Bill Johnson, Human Resources Command chief of military awards. "Sept. 18, 2001, is the effective date for the new award. That is when



The CAB, featuring both a bayonet and grenade, may be awarded to any Soldier performing assigned duties in an area where hostile fire pay or imminent danger pay is authorized, personally engaged by the enemy and performing satisfactorily. The CAB will go into immediate production and should be available late this summer or early fall through unit supply and military clothing sales stores.

President Bush signed Senate Joint Resolution 23, authorizing the use of military force against those responsible for the recent attacks launched against the United States."

The CAB will go into immediate production and should be available late this summer or early fall through unit

supply and military clothing sales stores.

For more information, visit U.S. Army Badges, The Institute of Heraldry (TIOH) Homepage, <http://www.tioh.hqda.pentagon.mil/badges/UnitedStatesArmyBadges.htm>. The new Combat Action Badge will be available in clothing sales stores later this summer. ★

15-month Army enlistment option

The U.S. Army Recruiting Command announced the nationwide expansion of the 15-Month Plus Training Enlistment Option, a short-term enlistment program designed to promote and facilitate military enlistment in support of National service.

This enlistment option was started in October 2003 as a pilot program in 10 of the U.S. Army's 41 recruiting battalions: Albany, N.Y.; Columbia, S.C.; Miami; Raleigh, N.C.; Cleveland; Kansas City, Mo.; Oklahoma City; Sacramento and Southern California (Mission Viejo, Calif.), and San Antonio, Texas.

The 15-Month Plus Training Enlistment Option is available nationwide for qualifying individuals who enlist in one of 59 military occupational specialties.

Applicants enlisting for this program will incur an eight-year military service obligation (MSO). This MSO will consist of: 15 months of active duty after completion of basic and advanced individual training and 24 months of satisfactory participation as an active drilling member in the Army Reserve or National Guard. Soldiers have the option of serving the remainder of their eight-year MSO in one of three ways, as:

An active drilling member of the Army Reserve or National Guard;

An inactive Individual Ready Reserve (IRR) member;

Or a member of a National Service Program designated by the Secretary of Defense (such as AmeriCorps or the

Peace Corps).

Soldiers in this program also have the option of reenlisting to remain on active duty.

Individuals who enlist for the 15-month plus training option will be eligible to select one of the following enlistment incentives:

A cash enlistment bonus of \$5,000 payable upon completion of the initial active duty obligation;

Student Loan Repayment of up to \$18,000;

A monthly education allowance for up to 12 months (currently \$816 per month); or

A monthly education allowance for up to 36 months (currently \$408 per month). ★

Serving the community



PHOTO BY SPC. ALICIA DILL

A woman and her son watch over their newly acquired boxes during a humanitarian mission in the region of Podjero.

Danke" in German, "být zavzán tebe" in Czech, and "thank you" in English, are all different ways to say the same thing. As the Kosovars in the Podjero region received donated items from all over the world, smiling faces and arms full of needed supplies were all the thanks needed for those who participated in a joint humanitar-

ian mission.

"Initially, I was surprised to see the number of families patiently waiting for us to arrive on-site with the boxes," said Air Force Master Sgt. Maria T. Wirhouski, Regional Allied Contracting Office, Kosovo Forces Main. "I noticed every man, woman, and child smiling at the Soldiers as they walked

past, towards their boxes of donated items."

With over 50 families receiving boxes for about 300 individuals, community participation was necessary. All coordination was done through the municipality prior to arriving at the village. This was to ensure all donations are spread out according to the



PHOTO BY SPC. ALICIA DILL

An Airman and a Czech Soldier are the first part of the chain formed to transport the boxes to the correct families waiting close by.

needs of the people.

Preparing the items for the different families was not an easy task.

Twenty-five service members, from the U.S. Army, Air Force and Marine Corps, worked side-by-side with Soldiers from the Czech, Irish and German military to make this mission possible.

A list of the families and their needs was part of the plan's successful execution. The volunteers found items for families based on the number of children, gender and age. After each box was filled, it was packaged and given a number corresponding to that specific family.

After arriving with a 50-ton truck filled to the brim with boxes, the volunteers formed a line, which stretched from the truck to the coordinator who held the list. With the help of a translator, the team successfully passed out the boxes to the appropriate families.

"The evening reminded me of



PHOTO BY SPC. ALICIA DILL

Capt. Mark Jennings, commander, U.S. National Support Element, keeps the line of boxes moving to waiting families.

Christmas Day, as I watched parents open their boxes and children racing towards the toys," said Wirhouski.

"It was like a holiday, only in May," she said. "It definitely inspired me to contribute as much as possible."

After the truck had been emptied, the servicemembers got a chance to interact with the villagers and each other. Something that made this humanitarian mission unique was the diverse atmosphere.

"Working in a multinational environment is a challenging and enlightening experience," said Capt. Mark Jennings, commander, U.S. National Support Element, Kosovo Forces Main. "Militaries are made for war, but working together on these humanitarian missions is our way to show the people of Kosovo, we are more than just a uniform."

"We as human beings truly care about them," he said. "Our actions will be what they remember, not our words." ★

What makes the Army: Soldiers

Third from left, Cpl. McKindree Perrin of Task Force Tornado, was named the first NCO of the Quarter for US KFOR Rotation 6B.



(left to right) Spc. Aaron Stevens, Spc. John L. Rose, Cpl. McKindree Perrin, Sgt. Travis E. Hoem, Spc. William L. Christman and Staff Sgt. Patrick Gallagher, of 1st Squad, 1st Platoon, B Company, Task Force Tornado, pause for a quick picture during a break on an afternoon patrol. (Sgt. Jack Jackson not present)

Today, Soldiers across the world are defining the standards of military excellence. Each generation of the military can exceed the standards set by their predecessors. An individual's drive and motivation is visible in their performance.

Soldiers pushing for distinction are no exception on Camp Bondsteel. Cpl. McKindree Perrin, B Company, Task Force Tornado, exceeded his own expectations when he was chosen as the Noncommissioned Officer of the Quarter.

With slight curiosity and tempted by the competition, he volunteered to represent his company before the battalion board. With four years of prior active-duty service under his belt, questions on common task training and the Soldier smart book weren't out of his league. Originally from a small town in Kentucky, attention is not something Perrin is used to.

The NCO of the Quarter board asked questions on first aid, nuclear, biological, and chemical tasks, land navigation and current events. His leadership, attitude and persona showed through regardless of a minor error with his knowledge of

current events.

"I didn't think I would have gotten past the first board," said Perrin, "I failed to remember who Sgt. 1st. Class Paul R. Smith, the first Medal of Honor recipient for the War on Terrorism, was."

Despite this setback, he was awarded

*"My biggest fear
is not failing myself,
but failing my
Soldiers."*

ed the NCO of the Quarter for the battalion board and a few weeks later, progressed to the brigade board. Competing against seven other Soldiers, the elite from their respective task forces, Perrin proved himself and beat out the competition.

Anyone can study for a brigade board, but an exemplary NCO goes above and beyond to retain and recite facts. The

Noncommissioned Officer's Creed is one source from which Perrin takes his guidance.

The Noncommissioned Officer's Creed is a formal statement of principles set to guide and inspire NCOs. The first line of the NCO Creed states: "No one is more professional than I. I am a Noncommissioned Officer, a leader of Soldiers."

"I believe myself to be a professional that Soldiers and leaders alike can gain knowledge, perspective and guidance from," said Perrin. "I use tact when addressing superiors and positive reinforcement for Soldiers."

"Respect, one of the Army core values, goes a long way when utilized frequently and without obligation," he said. "Loyalty and respect both have to be treated very carefully."

The rest of the first paragraph of the NCO Creed is as follows: "As a Noncommissioned Officer, I realize that I am a member of a time honored corps, which is known as 'The Backbone of the Army.' I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the Corps, the Military Ser-



Cpl. McKindree Perrin leads his squad on a foot patrol down a small road in the town of Radivojc/Radivojce. Personal interaction with the people in their area of responsibility is an enjoyment for all member of 1st Squad, 1st Platoon, B Company.

vice and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety."

"Perrin puts his Soldiers before himself," said Spc. John L. Rose, armored crewman, B Company, Task Force Tornado. "He is consistently looking out for the best in me and the rest of the squad, regardless of the perception of himself."

The following is an excerpt from the NCO's Creed, "Competence is my watchword. My two basic responsibilities will always be uppermost in my mind -- accomplishment of my mission and the welfare of my Soldiers. I will strive to remain tactically and technically proficient. I am aware of my role as a Noncommissioned Officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own. I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment."

"Fair ... is probably the most under rated four letter word in the creed," said Perrin, "I consider this to be my first

responsibility. This makes for a better work environment and last and foremost, this makes it easier to accomplish missions."

"I hope I provide the leadership my Soldiers deserve," said Perrin. "My biggest fear is not failing myself, but failing



Cpl. McKindree Perrin interacts with a small crowd of curious fans during a short visit at a primary school in Radivojc/Radivojce. Perrin and his squad during visit the school periodically during their patrols.

my Soldiers," he said, "I try to give guidance and inspiration, encouragement and corrections in ways I feel that I am most

beneficial and most respected by Soldiers."

"I know my Soldiers and their needs and I think this helps relate to people on a more personal level," said Perrin, "By taking the time to find out one bit of information about someone changes how they perceive you."

Perception becomes personal when Perrin helps a fellow Soldier study for the next board. "He is taking time out of his day to help me study for the next board, in July," said Rose.

The last portion of the NCO Creed states: Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence, as well as that of my Soldiers. I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, Non-commissioned Officers, leaders!"

"Will not compromise my integrity," this says a lot. "Will not," ... meaning, this is not open for discussion," said Perrin continued on page 22

American Heritage

The United States Army is 230 years old this month.

It was born before our nation.

*In a larger sense, the heritage of the Army
is the heritage of our country.*

*The citizen Soldiers that came before us,
time and time again offered
"the last full measure of devotion."*

World War II recruiting poster art courtesy of the United States Army



Somewhere in England. Early June, 1944.

Equipment check drill. How many times have we gone through this? Muggy today, didn't think it got this muggy in England. Never got this humid back in California.

A sharp brilliant image transported him back to the cool salty breeze drifting through the avocado and olive trees. The bright spring flowers and short green grass carpeting the hillsides.

Alice. The mere thought of her brought on physical pain in his stomach. Her thick black hair poured from underneath her straw sun hat. Her face perfectly balanced by the light freckles banding across her nose and high cheekbones.

Perfect, like her smile and intoxicating laugh. The most vivid memory was their picnic together on the coast just three days before he left the states for England.

Why was he thinking about Alice when he should be thinking about Germans? He peered east, squinting in a vain effort to see the coast of France. As if the sheer act of concentration could close the distance between him and his mortal enemy. No such luck, suppose we'll meet soon enough.

"Brown!" Sgt. 1st Class John Conroy's bark jolted Sgt. Timothy Brown

back to reality and the earnest, tedious business of preparing for combat.

"Demolitions."

"Roger," said Brown holding up the item for inspection.

Conroy had been in the Army for 20 years. If his eyes didn't see it, he didn't believe it was there and Brown knew it. He also knew how painful it could be if

No matter who you are,
your rank or your job,
you can offer
what any Soldier can offer;
in the words of
Sir Winston Churchill,
"blood, toil, tears and sweat."

he wasn't ready when we was supposed to be.

"Fuses."

"Roger."

"fifteen clips of ammo."

"Roger."

"Dog tags, bandages, morphine, entrenching tools," the list went on with more equipment that he knew he'd never

use. Maybe he could trade some of it with the Free Polish troops he was talking to yesterday, he mused.

Brown watched as Conroy moved down the squad, meticulously inspecting everyone. At the front of the formation stood McNeely, that lanky kid from Texas. When he got out of the Army he planned on being a professional sports fisherman-whatever that is. Martin, a farm kid from Iowa, was a total ball of energy. Brown didn't think he'd seen another man in his life work as hard as Martin did. Brown watched the inspection, reflecting on the bits he'd learned about each of his Soldiers.

He adjusted his equipment and went through the mental checklist he had developed over time. The details of his job raced through his mind as he visualized what actions he would take once the shooting started. With his buddies counting on him, he'd rather die than let them down.

The last briefing and rehearsal he went through was from his company commander. Brown recalled his CO standing over a large, detailed sand table. The commander briefed the name of the beach they would land at, Omaha. Omaha Beach didn't sound so bad. The word beach reminded him of picnics and drives along California's central coast. Of course, all the officers acted like it

was a deadly, treacherous place. Omaha Beach. How bad could it be?

Since leaving the States he really got a sense of the enormity of the enterprise. Hard for a man to feel special in this huge creature called Uncle Sam's Army. 12 months of training, twelve months dedicated for a fight on the beach that could take only hours. There were times when he didn't think he could make it to the next day, not even the next step. What kept him going? It sure wasn't common sense.

Conroy finished his inspection, leaving just enough time to get some breakfast. Time, precious fleeting time. He never had an appreciation of how time slips away. Only a Soldier knows the true measure and value of time. More time that would make all the difference in the world. More time to practice and rehearse, more time to check equipment, more time to play cards with his buddies, more time to write a letter home, more time to relax and day dream, more time with Alice.

But he never seemed to have more time, nobody did. In the end you can only make the best use of the time you have. Because let's face it, saving time is one of the biggest lies man ever told himself. Nobody can save time. You can only make better use of the time you have, to make it count. When this thing was over he'd never look at precious time the same way again.

Brown unfolded a weathered, yellowing piece of paper from his wallet. His father had given it to him the night before he left for basic training. A poem by Rudyard Kipling:

*"If you can force your heart and nerve
and sinew,
To serve your turn long after they are
gone,
And so hold on when there is nothing in
you,
Except the will, which says to them:
"Hold on!"
If you can talk with crowds and keep
your virtue,
Or walk with kings -- nor lose the com-
mon touch,
If neither foes nor loving friends can*

*hurt you,
If all men count with you, but none too
much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance
run --
Yours is the Earth and everything that's
in it,
And -- which is more -- you'll be a
Man, my son!"*



one fleeting spark in the history of the United States Army. There are millions of them. Perhaps, individually, they are indistinct, but taken as a whole, these sparks illuminate an extraordinary history.

Over 60 years ago American and allied Soldiers invaded Europe and liberated tens of millions of people. Brown, and millions like him, did their jobs and sacrificed because somebody had to do the job. Just as Brown's actions influenced the course of events, our actions influence the course of events here in theater and at home. How we do our jobs and what we choose to focus on and believe in has an impact on the future.

The United States Army is 230 years old this month. It was born before our nation. In a larger sense, the heritage of the Army is the heritage of our country. The citizen Soldiers that came before us, time and time again, offered "the last full measure of devotion."

What can you offer to this long, noble line? No matter who you are, your rank, or your job, you can offer what any Soldier can offer; in the words of Winston Churchill, "blood, toil, tears and sweat." Ultimately, these are the only things that any Soldier can offer. These offerings may seem insignificant at times but they are the very things that bind our exalted past to our indomitable present.

In the final analysis, our efforts here are not for the sake of international diplomacy or vague political objectives, but rather for the idea of a better tomorrow. This is what American Soldiers have always soldiered for. If you believe what you do will make a better tomorrow, it will be so.

In a world rapidly changing and placing new challenges and demands upon us, we must remain connected to our past and the traditions that have made the United States Army one of the enduring forces of admiration and honor around the world for the last 100 years. Our martial legacy is one of the secrets of who we are; it whispers to us from across a thousand outposts, battlefields and cemeteries of where to go and how to get there. ★

Sgt. Timothy Brown is a fictional representation, a minor side note. He is

Camp Bondsteel



Story and photo by Sgt. 1st Class John Makamson

It was a sunny Sunday morning that saw many Camp Bondsteel Soldiers gathered for a Memorial Day ceremony on the parade field here. The Peacemakers gathered to honor their fallen comrades and remember a tradition of sacrifice for the good of the nation.

Amid the sounds of flags waving in the breeze, Lt. Col. Lawrence Hendel, a chaplain with Multinational Brigade (East), began the simple ceremony with an invocation, which was followed by 2nd Lt. Paul Doman, 2nd Lt. Mark Correa and Master Sgt. Michael Reardon, singing the national anthem. Soon after, Col. John S. Harrel read the Gettysburg Address.

Then Brig. Gen. William Wade II, Multinational Brigade (East) commanding general, summarized the purpose of the ceremony.

"America has two days of remembrance—Veterans Day and Memorial Day. Veterans Day is meant to recognize every person who ever wore a uniform in the

armed services of the United States, past or present. However, Memorial Day is set aside to honor only those who paid the ultimate price for freedom and democracy while in our nation's service."

"Because they paid the price, we bask in the sunshine of liberty; because of their unselfish devotion to honor, duty and country, we reap the benefits of the freedoms they fought for; and because they made the ultimate sacrifice, we enjoy the fruits of democracy and the rule of law."

In his speech, Wade said it was important to conduct the ceremony. He said the reading of the Gettysburg Address was quite appropriate, especially in a time when Kosovo is going through a civil war. They are searching for the same thing we were able to find over a century ago.

Wade also reminded the audience of how Memorial Day was started. First, by a woman's group decorating graves of the war dead,

then by order of the National Command in May 1868, with a purpose of remembering and honoring those who gave their all.

The ceremony continued with the entire group of assembled Soldiers singing "America the Beautiful," followed by the playing of "Taps." The ceremony concluded with the laying of a memorial wreath and a benediction by Chaplain, (Lt. Col.) Daniel Viveiros, task force chaplain.

Having Soldiers remember their fallen comrades sends a clear signal that America stands united to their commitment to keep America and other nations free, just as we have in the past; just as we will in the future.

Wade closed his speech with a final reminder to remember a fellow peacemaker from the Ukrainian Army who lost his life in Kosovo, while in the service of peace. And to remember those who made the ultimate sacrifice for freedom.

Memorial Day remembering those who gave ALL



Sgt. Jeremiah Trench, Psychological Operations, Task Force Falcon, Brig. Gen. William H. Wade II, commander, Multinational Brigade (East), Sgt. Bernice Robinson, Task Force Falcon, and other members of the Multinational Brigade (East), pay their respects to fallen comrades by rendering a hand salute during a Memorial Day ceremony held here at Camp Bondsteel.

Learning the ropes

Story and photos by Spc. Lynette Hoke

Arism (Sammy) Kosumi, translator, and 1st. Lt. Jason Hudson, S-3 Plans Officer, monitors and assists a Kosovo Protection Corps Rescue Team using a 3:1 Mechanical Advantage hauling system and a Munter Hitch Belay to raise a SKED stretcher and a patient up the side of a cliff.

Rope rescue has been a key tool in extracting people during an emergency. Medical personnel have utilized rope rescue techniques during natural disasters and emergencies such as Sept. 11th.

Recently, members of Task Force Tornado have provided the equipment and materials to validate members of the Kosovo Protection Corps (KPC) in rope rescue techniques.

The KPC, also known as the Trupat Mbrojtëse të Kosovës (TMK), a civil protection agency created by the United Nations under U.N. Security Council Resolution (UNSCR) 1244. The organization was designed to provide civil assistance to the people of Kosovo.

Ideally, KPC members should be able to perform search and rescue assistance during emergencies and/or natural disasters. Prior to this task force arriving in theater, the KPC had minimal search and rescue training. An assessment was completed in the municipality of Vitina and a need for specific types of medical evacuation training was identified.

Maj. Dirk Christian, Task Force Tornado Operations Officer, and 1st Lt. Jason Hudson, Task Force Tornado Plans Officer, are thoroughly trained and have advanced experience in extracting a person from a confined space.

"I have been a full-time, or volunteer firefighter, since April 1990, and have been trained in the technical rope rescue field since 1992," said Christian. "Currently, I am a paid on call volunteer with the Mission Township Fire Department in Topeka, Kan. as a firefighter, Emergency Medical Technician, and technical rescue specialist," he said.

Hudson has been a firefighter since 1999 with the Riley County Fire Department and City of Manhattan Fire Department in Manhattan, Kan. Hudson serves as a full-time firefighter and emergency medical technician with the City of Manhattan Fire Department and is a member of their Technical Rope Rescue Team.

The National Fire Protection Association (NFPA) Standard for Technical Rescue 1670 was the guide for the development of the course, according to Christian.

"We knew we could train them to be at a Rescue Specialist level in some areas, but did not have the time or equipment to conduct the complete course. So we

trained and validated them at an 'awareness level.' The main members of the team can perform at the Rescue Specialist level," he said.

Christian and Hudson developed the course in four modules, which included



(Above) A member of KPC practices trying a "Figure 8 On a Bight," the most common technical rescue knot.

(Below) Sgt. Bryan Fish, Personal Security Detail, Headquarters and Headquarters Company, Task Force Tornado, volunteers as a patient for training purposes with the Kosovo Protection Corps.



classroom instruction, as well as field training. During the first module, risk management and safety was covered, as well as equipment familiarization and equipment maintenance, principles of mechanical advantage systems, principles of anchoring, engineering rescue systems, and equipment to perform rescue operations.

Throughout the second module, KPC members were taught to tie knots, select and build simple anchors, and how to rig ropes for rappelling. All members of the KPC rappelled using "Figure eight descenders" and were introduced to rappelling with a brake-bar rack.

During the third Module, KPC

personnel learned to package patients in stretchers, set up simple lowering systems, conduct slope evacuations, and build simple 2:1 raising systems. Then they were taught how to build a 3:1 mechanical advantage raising system, commonly called a "Z Rig." They also practiced lowering and raising evolutions during the third module.

The last module provided a quick review and then KPC members were presented with several challenging scenarios, including serving as members of a rescue team. They were divided into several groups and each team demonstrated safe rescue operations while being evaluated.

It's a challenge to train groups, especially ones that have little or no experience working together on new tasks, said Christian. At first, the group was small and very centralized, but after the first meeting, the class started to grow substantially. This group was very diverse, made up of KPC personnel representing every protection zone in Kosovo.

"The teamwork which was found among KPC members was incredible and they expressed a strong willingness to learn and excel throughout the entire training course," said Christian.

According to Christian, anyone could sit in on the courses, although validation would only be granted to those who attended all four modules of training. Members from the different protection zones took away a lot of knowledge, but did not make all of the training modules, he said.

The KPC's Training and Doctrine Command was provided with the complete training package developed in English, Albanian, and Serbian. It is possible for the program to be used for additional training for the KPC in the future.

Interpreters were used throughout the training. The linguists were given the slides ahead of time to look up the technical terms. The only issue with the language barrier was that every class took almost twice as long to teach with the English to Albanian / Serbian translation.

"I thought it was difficult due to the technical terms that lose their meaning in translation or are extremely hard to translate," said Hudson.

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Eyes in the dark

Story and photos by Staff Sgt. R. David Kyle



(Above photo) Spc. Jorge Solis (left), Pfc. Anthony Gratz (center), and Pfc. Thomas Hardesty (right), all members of Company A, 1-160th Infantry, man a LP/OP (listening post/observation post) near the administrative boundary line (ABL) between Serbia and Kosovo. (Inset photo) A UH-60 Blackhawk drops off members of 2nd Platoon, Company A, 1-160th Infantry, near the ABL, between Serbia and Kosovo to set up an OP for smuggling interdiction.

As the sun set, slowly, the scaled hunter uncoiled and waited for the cover of darkness to fall before it would move from its hiding place in the shadows. Once all light faded from the sky, the silent reptile slithered to a position overwatching a well-used trail to wait. Time was on its side and darkness was its ally.

The description of a sidewinder rattlesnake waiting for its prey is a good analogy of the mission Company A, 1-160th Infantry, began on May 29. The task was to interdict the smuggling activity in the area along the Administrative Boundary Line (ABL).

"I had two platoons set up along the ABL," said Capt. Mark A. Lepp, commander, Company A, 1-160th Infantry. "They set up observation points (OPs) that covered likely smuggling routes and set back from them were what we call 'linebacker' or 'take down teams.'"

Two of A Company's platoons were each divided into a take down team and

three OPs. Lepp, a San Diego resident, went on to explain the coordination between the OPs and the take down teams.

"If the OPs saw someone cross the ABL, they could radio back to the take down team positioned approximately two or three kilometers from the ABL, then wait for them (the take down team) to interdict," he said.

Before the Soldiers from Adder (A) Company departed for their positions along the ABL, resources had to be coordinated and pre-combat checks made.

"We had to make sure we had communications, a food supply, medics, fuel, and manpower. Those are just a few of the things we had to consider," said 2nd Lt. Guillermo F. Peña, platoon leader for 2nd Platoon. "I also did a risk assessment and tried to get a full report as to what the weather conditions would be. The mission began with sunny weather, but quickly turned into lightning, thun-

der, and rain."

For the Soldiers manning the OPs, the first night was filled with gusting wind, torrential rain, and dangerous lightning.

"The first thing we were to do when arriving at the position was to establish comms (communications)," said Sgt. Charles K. Daly, squad leader, 2nd Platoon. "When the lightning began flashing overhead we turned the radios off and started covering our gear."

A team leader in Daly's squad related a similar experience at his location.

"It started raining before we were setup," said Sgt. Matt M. Landis, Alpha Team Leader, 1st Squad, 2nd Platoon. "My team jumped into a fighting position left over from the war and we covered up with a poncho. There was lightning flashing all around and one bolt struck the ground and started a fire."

Near midnight, the storm began to let up and the OPs reestablished communications. With eyes and ears open,

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(Left) As darkness begins to fall, Sgt. Matt Landis, a team leader with 2nd Platoon, Company A, 1-160th Infantry, begins his watch on a LP/OP (listening post/observation post) near the Administrative Boundary Line (ABL) between Serbia and Kosovo. (Below) 2nd Lt. Guillermo F. Peña (left) and Sgt. Charles K. Daly (center), both with 2nd Platoon, Company A, 1-160th Infantry and Shefqet Cici (right) their interpreter, consult a map before beginning a patrol near the ABL to set up LP/OP for smuggling interdiction.





A farmer holds his goat's mouth for Lt. Col. Timothy Rector, Task Force Veterinarian, Task Force Med Falcon. The local veterinarian and farmers work together with Soldiers to treat animals for parasites at a Vetcap in Ponesh.

A safe & secure food supply

Story and photos by 2nd Lt. Tim Mills

Fourteen-year-old Dibran Shala looked like a contract employee moving animals to the ark for Noah, bringing two animals at a time.

On one trip he tugged on leashes as his two anxious hunting dogs pulled him forward. Another trip he walked backwards, a horn in each hand, pulling two stubborn goats along. It didn't matter if the animals belonged to him or a neighbor, Shala was there helping family and friends get their animals to the treatment location.

Whether it was a mouthfull of Strongid or a squirt of Cydectin on their back, the animals would soon be in better condition than when they arrived.

As part of the global war on parasites, civil affairs Soldiers from Task Force Sidewinder and medical personnel from Task Force Med Falcon teamed up with the local veterinarian to hold a Veterinary Civilian Assistance Program (VETCAP) in Ponesh.

Keeping a watchful eye on free-roaming animals and situational awareness of where you step, aren't the only kinds of coordination required to make the event successful. It requires communication and participation.

"The Task Force will come out and visit the villages. There are some convolutions they go through and they decide which village gets the reward," said Lt. Col. Timothy Rector, TF Veterinarian, TF Med Falcon. "It's a Sidewinder mission. They just coordinate with us to make sure we have enough staff."

"The biggest problem is getting the flyers out to everyone," said 1st Sgt. Richard Ramirez, S-5 Non-commissioned Officer in Charge, TF Sidewinder.

During patrols in the area, his S-5 section handed out flyers announcing the VETCAP. "There should have been more animals here," he said.

Although there was plenty of room

for animals, there seemed to be a steady flow of creatures large and small. According to Ramirez, the final count was 60 sheep, 63 cows, two pigs, six goats and 19 dogs.

"I was surprised to see the number of older dogs that were brought in," said Ramirez. "There was one huge dog, that I thought was going to take somebody's arm off and that was probably the friendliest one out there. He looked like he was ferocious and one medic just wrapped his arm around his neck and started petting him. That little kid stuck his fingers inside the dog's mouth, opened it up, he shot stuff in and the dog ate it up."

While treating as many animals as possible is a noble goal, more important is the goal of integration.

"The goal of this is to talk to the people, both Serbs and Albanians," said Dr. Dritan Berushi, Veterinarian for the Gnjilane Municipality. "It's to tell them

Vetcap Continued on page 22



Sgt. Shawn Shull (left), animal care specialist, and Staff Sgt. Patricia Holliday (right), Evacuation Non-commissioned Officer, both with Task Force Med Falcon, work together to keep medicated sheep from re-entering a barn while on a VETCAP mission held in Ponesh.

Magic little pills...



Before taking any dietary supplement, a person should consult their doctor.

Dog died, good food, boredom, college, divorce, surgery, birthdays, holidays, quit smoking, stress or even just a long deployment. There are a number of different factors that can contribute to weight gain. Some people turn to dietary supplements for help with the battle of packing on the pounds.

The Army Air Force Exchange Service facility on Camp Bondsteel stocks a number of dietary supplements to choose from. Before forking over hard-earned money to buy pills that claim to help you lose weight, a consumer should be alert to what they could be swallowing.

According to the Food and Drug Administration (FDA), a dietary supplement is any product taken by mouth that contains a so-called "dietary ingredient" and its label clearly states that it is a dietary supplement.

The "dietary ingredients" in dietary supplements may include vitamins, minerals, herbs, and amino acids as well as substances such as enzymes, organ tissues, metabolites, extracts or concentrates, according to the FDA. Dietary supplements can be found in

many forms such as pills, tablets, capsules, liquids or powders. They must be identified on the label as a dietary supplement.

Sometimes a person may choose to pick up a product based on the advertisements they have been subjected to. Men's and women's health magazines are flooded with pages of advertisements, including 'magic' little weight loss pills. A person interested in supplements to help with their weight loss goals, should look beyond the aesthetics of the exterior of the bottle.

With a number of selections to choose from, a person can be misled by claims on the bottles. "A majority of the products are relatively the same," said Spc. Brian Price, combat medic, C Company, Task Force Tornado, "It is a hit and miss thing. One type of supplement could work for my friend and I, but it might not work for a person with a different type of body composition," he said.

"I have used both Hydroxycut and ThermoDynamX," said Price, "Hydroxycut was easier to use because you can get more for your buck."

A few years ago, the major "kick" in

almost all diet pills was Ephedra. It was banned several years ago by the FDA. Currently, finding successful herbal substitutions and combinations is the competition for the makers of dietary supplements.

"Look at the ingredients, sometimes the differences are so minimal it is not worth the price hike," said Price, "Also, make sure you aren't allergic to anything in the pills."

"I felt more energized when I was taking Hydroxycut, than when I was taking Ripped Fuel," said Pfc. Stefan White, medical logistics specialist, Task Force Med Falcon. "I think my body reacted better to it," he said.

A few brands of pills are offered in different volumes to allow consumers to "try" the product. This allows people to try a three month supply of tablets without making a large monetary commitment that could ultimately make them feel sick or prove to not be effective.

Hydroxycut can be appealing because it offers fewer pills at a lower price, said Price. It also says ephedra-free clearly on the bottle, he said.

Pills are meant to assist, not to be solely depended on for weight loss.

"Don't think just because it says to take three capsules, three times a day, it will work faster or better if you took nine capsules, six times a day instead," said Price.

"The example is a little extreme, but there have been a few incidents at the Bondsteel Emergency Room of people coming in because they can't stop shaking from misuse of dietary supplements," he said.

"People need to remember that dietary supplements are just an aid," said Spc. David Mather, Line Medic for Alpha Company, Task Force Tornado, "Nothing beats good nutrition

Magic little pills continued on page 23

The best excuse is no excuse

Do you know where your Kosovo Forces badge is? Don't let your KFOR identification fall into the wrong hands. Secure your sensitive items and lend a helping hand to security.



So I was running down by the softball field and all of a sudden a huge rabbit came out of nowhere and ripped my Kosovo Forces badge off my neck and then took off. I was still winded from sprinting up radar hill for the third time but I chased after the rabbit for several minutes. I eventually ended up in front of a barbed wire fence and watched as the Peter Cottontail, hopped away with my badge, hanging from his mouth.

I would have shot the rabbit but I know we're not supposed to carry our weapon while we do physical training and rules of engagement prevents us from shooting animals. That is how I lost my KFOR badge."

As the Soldier sits in front of his first sergeant, none of this matters. This Soldier lost a sensitive item, and in the wrong hands this can be very dangerous. How can the Soldier make this wrong a little bit more right?

First of all, it is important to understand why the KFOR badge is something every card holder needs to keep track of at all times.

"The person who finds the badge

can gain access to any military installation in Kosovo, or abuse the services the badge is needed for," said Spc. Christopher DeJesus, military police officer, 40th Military Police Company. "You don't know who is out there and may want to sabotage the military by having that badge. It gives them a better opportunity to do so."

So let's say the unthinkable happens and a Soldier's KFOR card is missing in action.

The first thing he must do is notify his chain of command. After the command has been notified they must fill out a Statement of Loss, a sworn statement and an interview worksheet with the Military Police station, said DeJesus.

Once they process the claim, the Soldier has to wait for a renewal. White KFOR identification cards will take at least five days to be issued.

After the Soldier's commander has signed the loss report and the KFOR Headquarters has been notified, yellow card holders will be issued a new badge for mission purposes.

Replacing a KFOR ID card is not simply filling out a form. There are consequences.

Punishment is determined by the Soldier's chain of command and the result could be an Article 15, said DeJesus.

An investigation will be conducted by the military police and KFOR Headquarters will be notified of the loss.

The important thing to remember is every badge lost is another possible terrorist having access to military property, so remember, a new ID card does not mean a clean slate. Losing a sensitive item is not something a Soldier wants to have on his record or his conscience.

After the lengthy excuse from one of his Soldiers about losing his KFOR ID card, the first sergeant had the chance to speak. Holding up the Soldier's lost badge he asks the question, "So, how did your badge end up in the bathroom of your barracks?"

The awkward silence is interrupted as the first sergeant looks at the Soldier and says, "I guess big bunny rabbits have to use the bathroom, too!"

that KFOR is helping both of us. It's for all of us. Our VETCAP, includes only Veterinary Medicine and the Civil Affairs section is trying to tell all the community, to help them, to make them work together."

Ramirez hopes to leave this deployment with a sense of accomplishment. "You're not here to engage the enemy and take the ground and hold it," said Ramirez. "Here you're trying to keep peace as a stable factor in their every day life. The citizens out there working together is the goal."

One person who understands that goal is Berushi. As the veterinarian for the Gnjilane/Gjilan municipality, he maintains a focus of reducing disease while looking out for the welfare of the local veterinarians.

"I'm very sensitive to the local population trying to make a living," said Rector. "There are local vets here that are trying to earn a living and we don't want to take that from them. It looks like it is hard enough to make a living in here. If you have a skill that's as marketable as that, you don't need somebody coming in and taking it from you."

As the municipality's veterinarian, Berushi juggles a unique balance. He looks out for the profit interests of local veterinarians and works with knowledgeable experts from Task Force Falcon to promote better animal care practices and healthier animals.

"His main concern is we treat the animals and knock down some of the diseases that the kids pick up from the animals," said Ramirez. "He's trying to keep those animals healthy. He's trying to keep diseases down and unless people have got some other secret remedy, the vet is probably the guy they want to go to most. You've got healthy animals, you got healthy products."

One way of ensuring healthy products is by keeping the livestock healthy.

"We provide treatments against the parasites," said Berushi, "inside and outside." "I see them on that cow," said Berushi, pointing to a small bump under the cows hide.

"In the past, we would vaccinate them," said Rector. He said the follow-up vaccinations were difficult with the deployment rotations and an effort was made to control the perception of favoritism, now they use de-wormers.

"We decided it's the one thing we can do that will make the biggest difference," said Rector.

"We're giving de-worming (Strongid®) for the dogs and Cydectin® for the cattle," said Staff Sgt. Patricia Holliday, Evacuation NCO, Task Force Med Falcon, who volunteered to help out.

"We just do a one-time dosage," said Sgt. Shawn Shull, animal care specialist, Task Force Med Falcon. "The sheep one is Combinex® and it's used to kill the liver flukes and some of the other intestinal parasites."

"The whole idea is to make the communities healthier and we're doing it via their food supply," said Rector.

"These animals here don't go through the same inspection process as our animals back home," said Ramirez. "We're not used to seeing it walking one minute and then being cooked and eaten within the next ten."

Livestock and animal owners were happy about the assistance the local veterinarian and KFOR provided.

"Sometimes we'll just go out and take care of their animals at their house," said Shull.

"It's safer for everybody and these guys don't have to spend three hours bringing three cows," said Rector.

"Here, we were pretty much stationary," said Shull. "But we still went out to a few houses and had a roving band."

Shull was part of one of those roving bands that treated a flock of sheep.

"A lot of thanks to KFOR especially, but also to the local veterinarian," said Emrush Zarjani, a 56-year-old farmer who had all his sheep and cattle treated. Zarjani said the vet bill would have cost "probably 200 euros or more."

An event like this doesn't just leave a smile on the face of farmers. The Soldiers involved find it very rewarding as well.

"Everybody really appreciates it, and all of these people don't speak our language, but they're so happy," said Rector. "They want you to stop and drink coffee and it makes you feel good, because they appreciate it."

"I enjoyed helping," said Holliday. "This was a way to get out and see more of the environment. In ground ambulance, we are all on-post or out doing route recons. We can't get out and mingle with the locals. It was fun. I enjoyed

it a lot."

"Anybody who wants to come out, we bring them," said Rector. "We need a lot of hands."

Shala isn't a contracted employee for Noah. He's just one of the people in Kosovo, working to keep his family's livestock healthy.

Perhaps only a dent was made in fighting parasites. The real accomplishment lies in the joint effort made by the local veterinarian and KFOR working to teach animal care practices and prevent the spread of disease. This is another way that Soldiers and civil authorities are working together to keep Kosovo's livestock and food supply "safe and secure."

Perrin continued from page 9

rin. "If I see or hear something that is wrong, then you will hear about it from me."

Perrin's right attitude is recognized by his chain of command and peers. "He has a good military bearing and a pretty solid first judgment," said Spc. William Christman, M-1 Systems mechanic, B Company, Task Force Tornado.

His right attitude, perseverance and high morale leaves a lasting impression on Perrin's subordinates and superiors alike.

Not only his command, but coworkers, friends and peers, are able to see the characteristics that can be viewed as valuable, said Spc. Aaron Stevens, armored crewman, B Company, Task Force Tornado. Soldiers like Perrin are setting the standard and leaving it to the future generations to raise the bar.

Ropes continued from page 15

Despite the language barrier, everyone stayed positive and energetic about the training.

"The KPC is an extremely motivated organization made up of individuals excited to train and be a part of a team," said Hudson. "I felt great about teaching KPC members from other zones," he said, "This is great training that can be taken back to their units."

At lunchtime on the final day, gratitude was shown towards the instructors, other US KFOR Soldiers, the KPC participants and even the civilian media covering the training. Some of the local citizens of Dabelde/Debelde came out to the training site and fixed a traditional Albanian lunch.

"We were honored they would go to

the trouble to do that for us,” said Christian. “They told us it was a token of their thanks for all of the hard work we continue to do with the KPC and within the municipality.”

“I felt honored that the citizens cared enough and realized the value of the training the KPC was receiving,” said Hudson. “It was good to feel like I was a part of the community.”

The team was able to order standard Army climbing rope through the supply system and the stretchers were borrowed from medics. The team also acquired 10 hard hats and 10 pairs of clean leather gloves to conduct the training.

“I ordered a few items that I knew we needed to conduct the training and I had the rest of the technical rope rescue equipment sent from home,” said Christian.

Providing the most accurate and proper training became personal for Christian. After he wasn’t able to obtain the right training gear and depleted all of his immediate resources, he had his wife send equipment he had back home in Kansas through the mail.

“Currently, I am working on a plan to receive donated equipment for the municipality,” said Christian. “I have several friends throughout the technical rescue industry in the United States and have been working on this plan for over a month,” he said. “So far, I have pledges for donations from several rescue equipment companies for approximately \$5,000 worth of new technical rope rescue equipment,” Christian said.

“Right now we are working out the details and shipping from the States to Kosovo. I hope to have it by early summer and donate it to the Viti/Vitina Municipality on behalf of my friends in the rescue industry back home that have worked hard to obtain donations for us.”

It is predicted that once the KPC receives their own rope rescue equipment they will be able to continue and sustain training on their own, said Christian.

“We would like to see them conduct quarterly training in this field but overall this training facilitated great bonds between US KFOR and the KPC,” said Hudson.

Now, the KPC medical teams have another life-saving emergency technique under their belt. Thanks to the actions of some Kansas National Guard members, Kosovars have secured the ropes for a safer environment in Kosovo tomorrow.

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the cold and wet Soldiers of A Company waited.

“It was our job to watch the trail and report any movement,” said Daly. “We were there to lay low, watch and report. It was someone else’s job to confront any smugglers.”

For some of the teams their initial position would not allow them to accomplish the mission.

“The OPs need to be in a good position to observe any smuggling operation,” said Lepp. “I picked out positions on the map for the OPs, but when they get on the ground they might find a place better than that. The squad leader should pick a spot that satisfies my intent and their security. That is what a squad leader is trained and paid to do. He understands what the commander wants, looks at the ground, his troops and what he has, then makes it happen.”

After arriving at their assigned position, Landis made the decision to move.

“It was dark when we finally arrived at our assigned position and with the storm we couldn’t see very well. It wasn’t until the next day when we realized that we needed to move,” he said.

Mission success depends on the OPs remaining vigilant. If the Soldiers were going to stay alert for the 36-plus hours, they would need a way to make that happen.

“The team leaders needed a sleep plan,” said Sgt. First Class Tom C. Jones Jr., platoon sergeant, 2nd Platoon. “A plan was needed for eating -- noise, light, and litter discipline.” Jones also reinforced his security expectations by telling his squad leaders, “At all times they should have two people up.”

For Soldiers on an OP, a sleep plan is vital to make sure everyone remains alert. There can be a number of factors that can reduce their ability to get some rest.

“For me it was staying dry,” said Pvt. 1st Class Thomas J. Hardesty, SAW

gunner, 2nd Platoon. “When it was my turn to sleep, I crawled in my sleeping bag but it began to fill up with water. I was starting to doze off, then it was like a flash flood and my bag began to fill up.”

Hardesty’s buddy and team member struggled with a different challenge.

“There were lots of bugs,” said Spc. Jorge Solis, rifleman, 2nd Platoon. “The bug repellent wasn’t working, and when it was dark I laid down on an ant hill. When I woke up, I was covered with ant and mosquito bites.”

Regardless of the hardships and challenges, the men in A Company remained alert and mission focused.

“My guys take care of each other,” said Daly. “We take care of each other and we get the job done.”

Some of the tools used by Soldiers at an OP have changed over the years, like night vision equipment and improved protective clothing to guard against the environment, but some things have never changed.

“Dry clothes are important after a storm,” said Hardesty. “You have to stay dry.”

“A Soldier needs toilet paper,” said Walsh. “That will never change.”

As the mission came to a close and reports were prepared, Soldiers reflected on what made this mission a success even though no smugglers were apprehended.

“One thing we should note is the Soldiers are doing a good job,” said Peña. “Despite the long period of time they have been away from their families they are still focused and have learned to take on greater responsibility.”

“I learned to be better prepared for the next mission,” said Solis.

Even a skilled hunter like a sidewinder rattlesnake has nights when it goes to bed hungry, but the lessons learned on a quiet night along the trail can be invaluable.

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and exercise.”

Anyone of any age or size can achieve and maintain weight loss with a combination of healthy eating and exercise, said Price.

Consult a doctor before taking any kind of supplements that can counteract with current medications and haven’t

been approved by the FDA, he said.

(Editor's Notes) *The brand names mentioned and contents of this article do not necessarily reflect the official views of, nor are endorsed by the U.S. Government, the Department of Defense, the Department of the Army or the 40th Infantry Division or the persons interviewed.* ★

Parting Shots



PHOTO BY SPC. LYNETTE HOKE